

Spinach and Meat Cakes

Cook time: 25 minutes

Makes: 6 servings

Ingredients

- 1 pound** ground beef, or turkey, 7% fat (93% lean)
- 16 ounces** frozen spinach chopped (may substitute a 2 bunches of fresh spinach)
- 1/2** onion (small, finely chopped)
- 2** garlic clove (minced)
- 1/2 teaspoon** salt
- black pepper (to taste)
- 3 cups** brown rice

Directions

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over brown rice.

Source: California Health Department - Los Angeles County, Es Facil CampaignSubmitted by Brenda Grajeda

Nutrition Information	
Nutrients	Amount
Calories	270
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	50 mg
Sodium	340 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	21 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	